This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

Claims 1-5(canceled).

6(currently amended). A Poria extract capable of enhancing immunity of a mammal comprising 5-60% of a lanostane (I) as defined in claim 1 having the following chemical formula (I) by weight of the extract, and being substantially devoid of secolanostane:
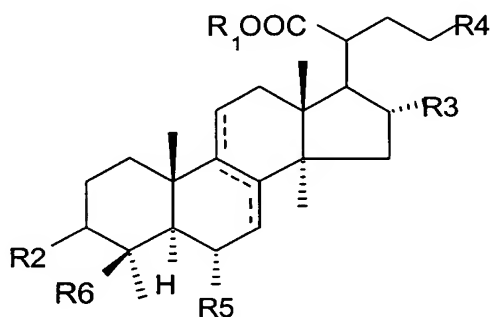
(I)

wherein R_1 is either H or CH_3; R_2 is $OCOCH_3$, =O or OH; R_3 is H or OH; R_4 is -$C(=CH_2)$-$C(CH_3)_2R_a$, wherein R_a is H or OH, or -$CH=C(CH_3)$-R_b, wherein R_b is CH_3 or CH_2OH; R_5 is H or OH; and R_6 is CH_3 or CH_2OH.

7(original). The Poria extract according to claim 6, which is prepared by a method comprising the following steps:

a) extracting metabolites, fermentation products or sclerotium of Poria cocos (Schw) Wolf by water, methanol, ethanol, or a mixed solvent thereof;

b) concentrating the resulting liquid extract from step a);

c) introducing the resulting concentrated substance from step b) into a silica gel column;

d) eluting the silica gel column with an eluent having a low polarity, and collecting the resulting eluate;

e) concentrating the eluate to form a concentrated eluate.

8(original). The Poria extract according to claim 7, wherein the concentrated eluate from step e) has a chromatographic value, Rf, not less than 0.1 in accordance with a thin layer chromatography, which is developed by a mixed solvent of dichloromethane : methanol = 96:4 and is detected by an ultraviolet lamp and iodine vapor.

9(original). The Poria extract according to claim 7, wherein the extraction in step a) is carried out by using 95% ethanol.
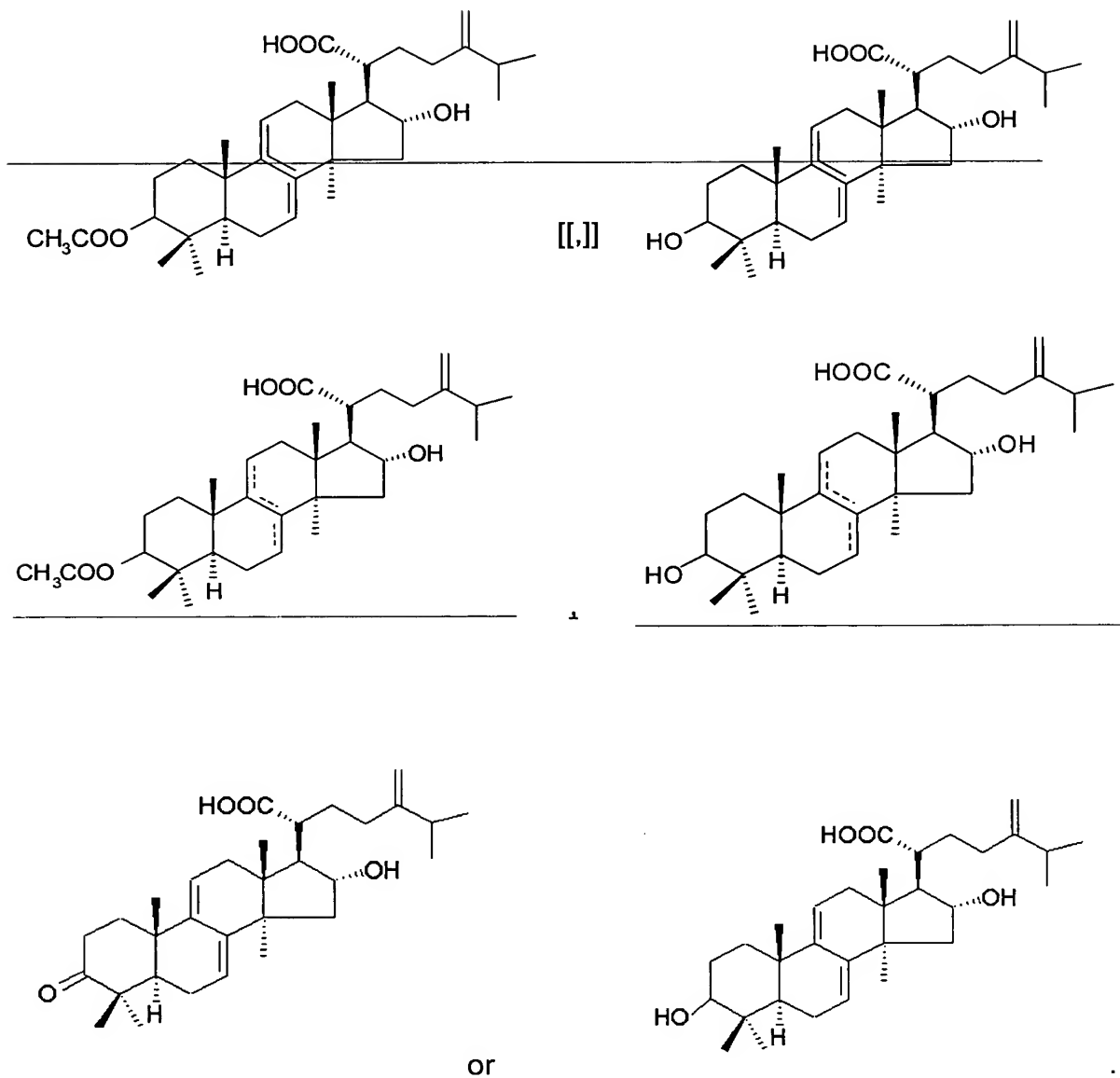
10(original). The Poria extract according to claim 7, wherein the concentrated substance resulted from step b) is further extracted with a two-phase solvent containing methanol and n-hexane in a volumetric ratio of 1:1, a methanol layer is separated from the two-phase solvent extraction mixture, and the methanol layer is concentrated to form a concentrate, which is used as a feed to the silica gel column in step c).

11(original). The *Poria* extract according to claim 7, wherein the low polarity eluent is a mixed solvent containing dichloromethane and methanol in a volumetric ratio of 96.5:3.5.

12(original). The *Poria* extract according to claim 6 comprising 10-20% of the lanostane (I).

13(currently amended). The *Poria* extract according to claim 6, wherein the lanostane (I) is

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or

Claims 14-23(canceled).